**POP-SICK-LES**

**Topic: Taste and See the Lord is Good**

**Psalm 34:8**

Supplies:

* Plastic popsicle maker forms
* A wide variety of gross or unusual liquids.  
  - Lemon Juice  
  - Pickle Juice  
  - Mustard  
  - Ketchup  
  - Vinegar  
  - Prune Juice  
  - Soy Sauce  
  - Mayonnaise  
  - BBQ Sauce  
  - A-1  
  - Sauerkraut Juice  
  - Gravy (looks like a fudgesicle)

Directions:

1. Ahead of time, make and freeze 6-8 "Pop-SICK-les", each a unique and special flavor.
2. To play, either call up 2 volunteers to each eat 3-4 or as many volunteers as you have "pop-sick-les" and have everyone just eat one.
3. Tell them that it is going to be a "brain-freeze" challenge to see who can eat their Popsicle the fastest.
4. Ready, Set, Go...and let the funny faces and surprises begin.

Say: Wow-that was fun and really gross! How did that taste?

Ask:

* What is your favorite flavor of REAL popsicles on a hot summer day?
* Are you a person that is willing to taste new foods or new flavors?
* Have you ever done a taste test in a store?

Say: Here check out this short verse….

Read: Psalm 34:8

Taste and see that the Lord is good; blessed is the one who takes refuge in Him.

Ask:

* What do you think it means in this verse to “taste and see”?
* Why would David choose the word “taste” to describe getting to know God?
* How is seeing something and tasting something different?
* How have you seen and tasted that God is good in your life?

Close in prayer.